

## Volunteer Vision

*A Community where Volunteers help Seniors and Seniors volunteer to help the Community*  
January 2010

### Current Opportunities through Charlevoix County COA

#### **Caring and Sharing Companion (Adult Day Center)**

A new face can be a breath of fresh air in a day program setting. A friendly smile can be a welcome change from the day to day routine. Taking the time to sit and talk and share with someone who is confused and lonely can make all the difference in the day for both the senior and the volunteer.\* \*\* \*\*\*

#### **Personal Safety Facilitator (Guardian Alert Program, throughout county)**

Many ill or disabled seniors require a Guardian Alert device in order to be safe in their homes. These devices activate 911 in the case of an emergency and insure that the senior can get help quickly when it is needed. The devices must be in good working order and installed correctly to provide the service for which they are intended. Volunteers work with seniors to place and maintain Guardian Alerts.\* \*\* \*\*\*

#### **A Helping Hand (throughout county)**

The senior centers in Charlevoix County are gathering places for those looking for companionship, social interaction and a warm meal. Snow and inclement weather can make a senior think twice before venturing out. If they know that the sidewalks will be clear, they are more likely to make the effort to get to the Senior Centers. Hearty folks who don't mind shoveling snow are always welcome.\*\*\*

#### **Ambassador "Stepping Strong" Program (throughout county)**

Encouragement, support and mentorship are often factors sustaining individuals in an exercise or wellness program. Ambassadors provide these elements to participants in the Stepping Strong program and enhance the chances for success of the program. Ambassadors promote and lead fitness activities in their community along side of the staff of the COA.\*

### **Senior Theatre Leader (Beaver Island)**

If you've always secretly hope to be a star, this may be your chance. We're looking for closet thespians who are willing to help us establish a senior theatre program. For fun, fantasy and your chance at stardom, join us as we undertake this venture.\*

### **Lunch and Learn Leader (throughout county)**

It's not easy keeping up with all of the information that becomes available every day. Speakers who are willing to share what they know, and answer our questions are willing to join us for a boxed lunch series. What we need is someone who will take the responsibility to organize these monthly talks.\*

### **Veteran's History Project Leader (throughout county)**

Someone who is interested in history and how it impacts individual lives is needed. We will be attempting to collect, preserve and make accessible the personal accounts of American war veterans, here in Charlevoix County. This project, nationally funded by Congress allows for future generations to hear directly from our veterans and to better understand the realities of the wars that have been fought by generations of Americans.\*

\*Posted on our website.

\*\*Detailed description can be found on United Way's Volunteer Solution website

\*\*\*Positions detailed in the "GoodLife" Magazine, January 2010 issue.

Volunteers receive initial orientation and training from the Volunteer Coordinator, as well as on-going supervision. For more information, or to set up an interview, please contact Barbara MacKenzie at **231-582-1065 or mackenzieb@charlevoixcounty.org.**